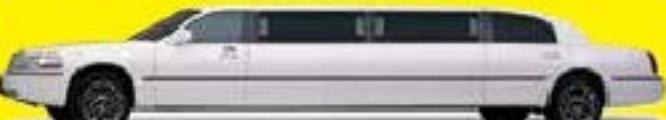


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Newry Advertiser Published: 28 April

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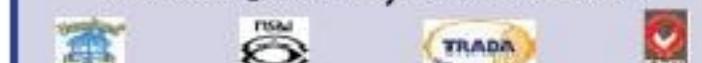
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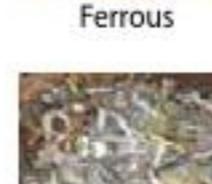
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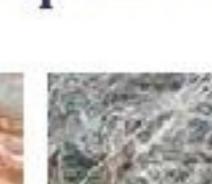


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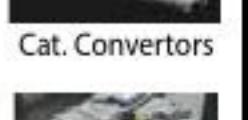
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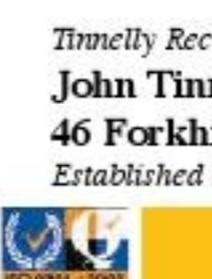
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The Celebrity Fat Freezing Phenomenon

Christina Aguilera has just unveiled her newly slim body. The secret to her success has been attributed to the amazing new Cooltec, fat-freezing treatment. Now you too can avail of this amazing new treatment exclusively at Therapie Clinic in Northern Ireland.

Cooltec can eliminate fat by up to 40% after just 1 treatment. The treatment is so popular you'll have to wait at least 3 weeks to get an available appointment! "The results we are getting are just incredible. The best part is that it's non-invasive yet the results are akin to having liposuction - amazing!" said Tracy Gilligan, Therapie Clinic.

Cooltec at Therapie Clinic will eliminate fat by between 20-40% after just 1 treatment. The results are nothing short of miraculous, with many clients dropping a dress size after just one treatment.

Cooltec at Therapie Clinic will eliminate fat by up to 40% after just 1 treatment, it's a new celebrity favourite

How does it work?

Cooltec exposes fat cells to controlled cooling in order to break down the fat and destroy it, so that it can be naturally flushed away from the body. A suction-like device draws in the tissue and cools the fat cells which shrink, break down and are removed by the body's natural metabolic process. It's non-invasive and there's zero downtime – just expect to feel like you've been hitting the gym!

Results can be seen in as little as 15 days after treatment and the fat cell reduction continues for 3 months. Our favourite part about Cooltec is that it's particularly effective at shaping and contouring the waist, giving a lean, toned, sexy curve to the body.

What to expect

A free consultation determines your suitability. The ideal candidate is generally fit and healthy, within 10-15% of their ideal weight and has stubborn, exercise

and diet resistant pockets or bulges of fat. The area being treated requires 60 minutes of cooling. You just sit back and relax, watch a film or read a magazine while the treatment gets to work!

Whether belly fat, back fat, abdominal fat, or stubborn fat in other areas, this super new treatment at Therapie Clinic will freeze, break down and eliminate stubborn fat cells by up to 40% after just 1 treatment. ...Now, where did I put that bikini, there's definitely time to get reacquainted this summer!

Contact Therapie Clinic on 08000 121 565. Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry and Merchants Quay in Newry. www.therapieclinic.co.uk

Benefits of Cooltec

- ✓ 20-40% fat reduction
- ✓ Breaks down and destroys fat cells
- ✓ Firms, slims and tones
- ✓ No downtime
- ✓ FREE consultation
- ✓ Suitable for men and women

Amazing Results



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McNally's LATE NIGHT Pharmacy

5 Monaghan Street, Newry,
Co. Down BT35 6BB
Tel. 028 3026 2110

OPENING HOURS

Monday	9.00am to 10.00pm	Thursday	9.00am to 10.00pm
Tuesday	9.00am to 10.00pm	Friday	9.00am to 10.00pm
Wednesday	9.00am to 10.00pm	Saturday	9.00am to 8.00pm
		Sunday	9.00am to 6.00pm

TWO ROBOTIC FIRSTS FOR NEWRY!

At McNally's Late Night Pharmacy the healthcare needs of the community is our main priority. We work to provide an accurate, fast and meaningful service to all our customers and to ensure continuous improvement. Keeping up to date within our industry is of the utmost importance and as a result we have introduced TWO NEW & INNOVATING PRODUCTS.

1. 'PHARMOBOT' The Automated Dispensing Robot



This innovative machine located within our Pharmacy is used for dispensing medications which are then reviewed by the pharmacist.

The patient's prescription is scanned onto computer using the 3D bar code and the robot then prints off the dispensing label to attach to the medicines. Within just one second the Dispensing Robot finds the listed medicines according to the dosage and then dispenses the medicines to one of four counters.

Our Robot has the ability to arrange medicines according to frequency of demand and also rotate the stock according to expiry dates. These procedures

eliminate any possibility of dispensing errors.

A huge benefit of this Robot is that it minimises the waiting times for our patients. Our Pharmacists and Technicians no longer spend their time putting away orders and selecting medication in order to fill prescriptions. This frees up their time and allows them to spend it imparting knowledge and advice to our customers at the front counter instead. It also increases stock rotation and reduces stock wastage and overall stock holdings. Our patients can witness a demonstration of the Robot in action on television which is located in the Pharmacy Window.



Left-Right: Marla Taafe, Pharmacist at McNallys Late Night Pharmacy; Morgan Smyth, winner of naming Pharmobot; Laura Phillips, Manager of McNallys Late Night Pharmacy.

McNally's Late Night Pharmacy recently ran a Naming Competition with all the local primary schools. The children were asked to provide a name for our new Robotic Dispenser. The lucky winner of the competition was Morgan Smyth from St. Malachy's Primary School, Newry who chose the name 'Pharmobot'.

Morgan won a £100 Easons Gift Voucher and she also won a £50 Easons Gift Voucher for her school.

2. QUICKSCRIPT KIOSK Iceland Building, Monaghan Street

Our second and equally impressive introduction is our Quickscrip kiosk.

The Quickscrip, which looks and acts a bit like an ATM Machine, is located on the corner of the Iceland Building on Monaghan Street, just outside Newry Health Village.

Our patient feeds their prescription into the kiosk and this is then encrypted and transmitted securely to McNally's Late Night Pharmacy where a member of staff is alerted.

The prescription is then uploaded and prepared via the Robotic Dispenser and is ready and waiting for the patient upon them entering the Pharmacy.

This system allows for improved efficiency and most importantly reduced waiting times and improves our quality of service.

Patients also have the option of speaking with a Pharmacist from the Quickscrip via a secure encrypted audio-visual conferencing function, should they wish to do so.

McNally's Late Night Pharmacy are proud to be the first community pharmacy on the island of Ireland to have either of these two exciting products, ensuring that we provide the most up to date standard of practice and care at all times.

McNallys Late Night Pharmacy - serving our community for over 80 years!



The Quickscrip Kiosk at the Iceland Building on Monaghan Street, Newry is the latest innovation from McNally's Late Night Pharmacy.



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It's competition time at Kellys Golf Centre



Pictured above are a group of aspiring young golfers who took part in Junior Summer Camps at Kellys Golf Centre a few years back. See how many you can name. Those who name the most will be entered into a draw for 100 free balls to be used in the Driving Range and a free round of Pitch 'n' Putt for two. You can enter this competition at Kellys Golf Centre or via their Facebook.

Closing date for entries is 30th April 2014.

With the long evenings fast approaching, Kellys Golf Centre, The Avenue, Milltown Street, Burren, is currently running a number of competitions every week which are proving to be, not only competitive, but also more and more popular.

Every Tuesday night, between 6pm and 8.30pm, there is a Longest Drive Competition, and every Friday, from 5pm to 7pm there is a Nearest The Pin Competition. Both competitions are contested in the Driving Range, and are open to all ages. To enter you pay only £1 for 3 shots and the winner gets 100 free balls.

Fast approaching is the first major competition scheduled for 2014, Kellys Masters, which will be played on Saturday 19th April. Once again, it will be open to all ages with many prizes on offer - for further information on how you can enter this competition, contact the Centre and ask for Conor D'Arcy.

The Junior Winter League Competition is now drawing to a close and preparations are well under way preparing for the very competitive Junior Summer League.

As well as all these competitions, there is unlimited balls every Thursday from 6pm for only £8; and then there is Friday Madness, where if you hit 60 balls or play Pitch 'n' Putt you get a FREE HOT DRINK!

On top of all these activities, Kellys Golf Centre are now taking bookings for their ever popular Junior Summer Camps - with 10% discount if paid before 30th April 2014.

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TV Presenter Pamela Ballantine undergoes life-changing eye treatment

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. So needless to say, they are very important to me. My biggest problem was my reading vision really wasn't great and neither was my distance vision but I had coped by using my contact lenses.

I had considered Laser Eye Treatment for some time, but had never got around to it. However a friend of mine recommended Optilase, facing the City Hall in Belfast, and suggested I should go for a Consultation.

When I heard that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe and 2nd in the world in terms of completed treatments, I was greatly reassured and this made my decision to visit an easy one.

After speaking to Optilase and answering some simple questions, I had booked my Consultation. First step taken then!!

My initial Consultation was around an hour long. So I went along to the Flagship Clinic and Surgery Centre, opposite Belfast's City Hall. The Clinic was like being at a 5 Star hotel! The staff were absolutely tremendous and I was immediately completely at ease. Bring it on, I thought!

So, after a coffee, (which might I add, was excellent), I filled out a simple form, and met my Optometrist who would be looking after me for the next hour. He was very reassuring and answered some of my very silly questions. I was completely put at ease.

He explained how the Consultation would proceed and took me for some scans and pictures of my eye. I confessed to doing some homework on the technology that Optilase use and felt very informed and completely reassured throughout the process.

A big thing for me also was the reassurance of the Optilase Lifetime Care Guarantee – basically Optilase look after and treat my vision for the rest of my days,

even if I needed to be re-treated further down the line, at no extra cost!

After the scans and eye test, it was time for the big result – and I was absolutely delighted to hear that I was suitable for Treatment. Hurrah!! By now I really wanted it done and I was shown the potential about how good my vision could be afterwards. I really wanted complete freedom from those cumbersome glasses.

So two weeks later the big day came – and I approached this with some confidence, however I must admit that the day before surgery I was a bit nervous. The morning of surgery I was still a bit anxious but I needn't have been.

This is the best decision I have ever made, I now see life in full HD!

I then met with the Surgeon (for which there is also no fee) Medical Director Dr. Wayne Crewe-Brown. He has performed more than 40,000 of these treatments and he talked me through my different treatment options. I spent over half an hour with Dr. Crewe-Brown and felt completely reassured at the end of my Pre-Op. I opted for the KAMRA Treatment, with laser – exactly as the Surgeon had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. The Surgeon was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none. There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

After surgery my eyes were tender initially, a sensation I compared to the experience you have after



cutting raw onions. My eyes were watering all the way home and I had to wear black sunglasses to protect them, although the staff did advise me that I would be light sensitive straight away as my 'new eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed - when I woke in the morning life had taken on a whole new perspective. Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional – I don't mind admitting. My near vision settled and dramatically improved after the next few days.

Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that habit).



If I had some advice for anyone out there who wears specs, get it done – and get it done now! If only I had it done years ago.....

My advice? Find out if you can have it done – if you are suitable, find a way to have treatment – it will change your life.....I'm glad I did!!

To book your free consultation contact Optilase on 08000 121 565 or visit www.optilase.co.uk

Free Consultation Call 08000 121 565

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E. eatalynewryrestaurant@yahoo.co.uk
www.facebook.com/pages/Eataly/248875201927004

THE TASTE OF 'EATALY' IN THE HEART OF NEWRY

New gastro team bring you great Italian Cuisine at affordable prices

A NEW team of quality Italian Chefs have joined the team at Eataly Restaurant on Mill Street in Newry to bring you the very best in Italian Cuisine at a very reasonable price.

Antonello Pittella, who hails from Naples, and his Brazilian partner Damaris Souza Dias have worked with the new gastro team at Eataly to develop a mouth-watering menu that caters for all the family.

As Antonello explained, the new menu is going down a treat. He said: "Firm family favourites are proving a big hit with customers and these include the wide range of 12 inch Pizzas made with Eataly's Special Tomato Sauce 'just like mama used to make,' as well as an extensive list of exquisite Pasta Dishes including the classics Spaghetti Bolognese and Special Recipe Lasagne."

"The menu also includes many Meat, Chicken, Fish and Seafood dishes, all at affordable prices. And if you want an authentic taste of Italy then Eataly's Speciality Tuscan Veal Stew is a must."

There are two menus available at Eataly, a Lunch Menu and A La Carte Menu and both are reasonably priced and the ambience of the Mill Street premises is perfect for any occasion, or simply dropping in to take the weight off your feet when out doing a day's shopping.

Smaller portions for children and pensioners also contribute to an affordable family meal that everyone will enjoy.

Whether you are going out for great meal with friends or a loved one or celebrating a family occasion, or looking for an ideal setting for a business lunch or dinner, Eataly is the perfect venue.

Eataly is a full licensed premises and offers an extensive wine list including many quality wines from the top Italian vineyards that are an ideal accompaniment for any great meal.

There are many offers available at Eataly throughout the week. On a Tuesday from 5pm there is a Half Price Pizza Deal and Wednesday is Steak Night with an 8oz Steak and Chips and choice of sauce available for only £9.95. And ladies, Thursday is your night when you can enjoy a Half Price Large Pasta Dish and a £2 glass of wine.

With Confirmations, Communions, Birthdays and other family celebrations on the horizon as we enter Spring, Eataly is offering a Family Friendly Deal for that special occasion. With parties of eight or more the Special Boy or Special Girl eats free!

As well as being deeply rooted in Italian Cuisine Eataly occasionally shows its Brazilian

influence with Damaris hosting special Brazilian Themed Nights.

Damaris said: "We held a Brazilian Night recently and it was a great success. We plan to host other themed nights in the near future so follow us on Facebook for more details."

Eataly is situated at 62/64 Mill Street opposite McKeever's Chemist on the Bridge and is open from Tuesday to Saturday between 12noon and 3.30pm and 5pm and 10.30pm and on Sundays from 1pm to 9pm. Give it a try, you won't be disappointed.

For reservations and more details on the A La Carte Menu contact Antonello or Damaris on 028 3083 2989.



Eataly Italian Restaurant, Mill Street, Newry.



This is a sample of our Lunch Menu • Full 12" Pizza Lunch Menu also available priced from £5.00 to £7.50 • Lunch Desserts only £2.50 to £3.00

For Full A La Carte Evening and Lunch Menus follow us on FACEBOOK



LUNCH MENU

AVAILABLE FROM 12.00 TO 3.30 O'CLOCK

STARTERS

(v) Tuscan soup	£ 3.25
Typical Tuscan soup with spinach mushrooms and cannellini beans.	
Olive all' Ascolana	£ 4.25
Ascoli style fried olives stuffed with meat garnished with mix salad and garlic mayo.	
(v) Bruschetta Eataly	£ 4.25
Bread topped with garlic, courgette, mozzarella cheese and diced tomato.	
Antipasto Misto	£ 4.25
Mixed hors-d'oeuvre with parma ham, salame, gorgonzola, provolone and artichoks.	
Calamari Fritti	£ 4.95
Deep fry calamari served with garlic mayo.	
Crepes al Prosciutto	£ 4.25
Fold thin pancake with parma ham mozzarella cheese and béchamel.	
(v) Frittata di Vegetali	£ 4.25
Vegetable omelette, with onions, peppers and courgette served with chips.	
Polpette al Sugo	£ 4.95
Classic Italian meatball in a tomato sauce served with spaghetti.	
(v) Focaccia al pomodoro	£ 4.25
Pizza style garlic bread with mozzarella, oregano and diced tomatoes.	

SALAD

(v) Insalata di Pasta	£ 4.25
Penne pasta with tuna, black olives, tomatoes cucumbers sweet corn, mayonnaise.	
Insalata Primavera	£ 4.25
Iceberg lettuce artichokes, green olive, rocket, tomatoes, onions, carrots, bacon and parmesan.	

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CELEBRATING ONE YEAR IN BUSINESS!

One Year Celebration Party takes place at Altnaveigh House on Friday 11th April from 6pm

FREE DRAW FOR A BOOTCAMP FOR ALL WHO ATTEND THE PARTY!

Lynsey
Before



Lynsey lost 17 pounds and toned up in 9 weeks with Paul's help!

" My name is Lynsey and I started with Paul in mid January until mid March and I have now lost 17 lb to date due to a combination of personal training, healthy eating and one bootcamp. I have currently dropped 2 dress sizes and am extremely happy with my body shape. I would strongly recommend pt session with Paul in a very comfortable environment, they have completely changed my weight and shape and I feel so much healthier and fitter in general. "



Lynsey
After

Running



Kettlebells



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Get into shape for the Bright Nights

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- Running Groups for Beginners & Advanced. All class info on timetable.

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Yoga

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Every Wednesday
Early Bird 6.30 - 8.00 a.m.

Every Thursday
8.15 - 9.45p.m.

All classes at Altnaveigh House,
Belfast Road, (opposite Tesco)
For more details 077 539 75744

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in business

apple tree
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Best wishes to Paul in his first year and continued success from Kelly and team at Appletree Dental Care!



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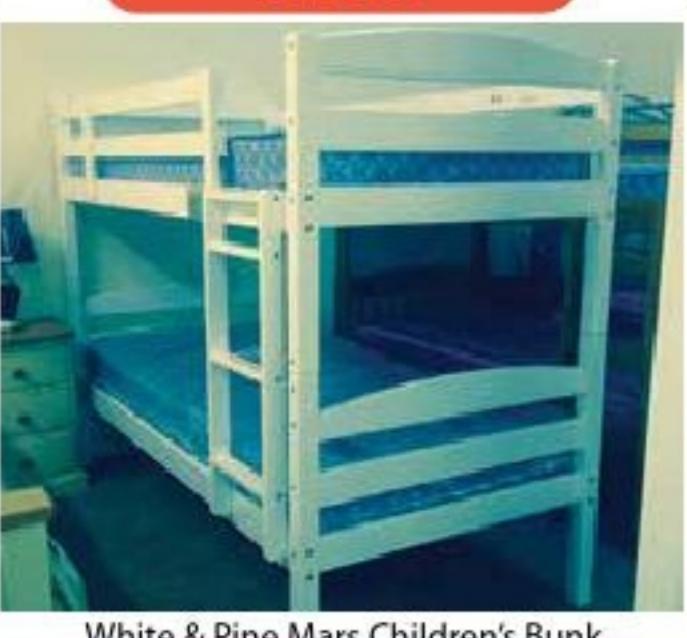
Leather Recliners with Footstool Available in Brown, Black & Burgundy

TO CLEAR AT ONLY £149



New quality Irish-made Fireside Wingback Chairs - just in. Various swatches to choose from.

KIDS



White & Pine Mars Children's Bunk Including Mattresses Was £249 Now £199 Delivered and Assembled!

LEATHER SUITES



Lara Leather Corner Suite in Brown or Black, Was £1895 Now Only £1295 Other Fabric/Leather Mix Corner Suites Available, Were £1495 Now only £895 3+1+1 Fabric/Leather Mix Suites Were £1195 Now Only £795

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Big O to pick one lucky winner every Sunday live on his radio show. All lucky winners' names will go into a hat and the big Mediterranean draw will take place live on Easter Sunday 20th April.

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Giro d'Italia

Sunday 11th May 2014

What is the Giro d'Italia?

The Giro d'Italia is a long distance, multi-stage bicycle road race for professional cyclists and is one of the world's most prestigious sporting events, and is one of the European cycling calendar's three Grand Tours, along with the Tour de France and Vuelta a España. The Giro d'Italia is held primarily in Italy, over a three-week period in May and June each year, however every other year its opening stages are held outside its home country of Italy.

This year Northern Ireland will host the opening stages and on day 3. The Giro will travel through the South Armagh villages of Newtownhamilton, Belleek, Lislea and Forkhill en route to Dublin.

Official spectating area:

The Commons, Newtownhamilton

The Village Green, Belleek

The Mountain House

Lislea Community Centre

The Forge, Forkhill

Fun activities will take place at the various spectating areas to keep the whole family entertained.

It is estimated that the cyclists will travel through Newtownhamilton at approximately 1.00pm

Roads will be closed from 10.00am - 2.00pm to facilitate the cycle race.

If you wish to spectate and experience the Giro d'Italia travel through our local area it is adviseable to get to one of the spectating areas as early as you can!



facebook / Newry and Mourne Tourism



GIRO
BIG START 2014
BELFAST NORTHERN IRELAND
DUBLIN IRELAND



South Armagh Giro Charity Cycle

Sunday 4th May 2014 at 1.00pm

Return cycle from Fews Forest outside Newtownhamilton to the border at Carrickastickin, Forkhill

The cycle route will travel through the South Armagh villages of Newtownhamilton, Belleek, Lislea and Forkhill

Cycle Distance 30 Miles Return Trip (This is not a race)

This Unique Charity Cycle will travel the same a Route as the World Famous Giro D'Italia that will take place the following week.

To Register Log on to: www.myraceentries.co.uk/giro

Entry fee is £10.00 which includes a Special South Armagh Giro d'Italia Medal and a Specially Designed Pink Giro T-Shirt
Registration will also take place at St. Michaels Football Club Newtownhamilton from 11.00am on the 4th May.

Proceeds of the Cycle will go to local Pink Charities



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www.visitmournemountains.co.uk



facebook/southarmaghgirocharitycycle



HELLO TO NEWRY STYLE CITY 2014



It is time to pack away your winter woollies and spring into a new season with the return of Newry Style City as high fashion takes to the catwalks of the Cathedral & Creamery Quarters.

Dedicated followers of fashion and style sirens alike will have a field day with fashionable events right across the City from Saturday 5th April to Sunday 13th April 2014. The photo-shoots are complete, the venues are ready and the shops are just bursting at the seams, now all we need is you. With a series of free and ticketed events catering for all tastes and styles there is something for everyone.

Deborah Loughran, President of Newry Chamber of Commerce and Trade stated: "We are thrilled to once again bring Newry Style City 2014 to life to showcase the fabulous retail and service sectors in our City centre. This year we are working in partnership with our main sponsors:

Newry & Mourne District Council, Buttercrane Shopping Centre, The Quays Shopping & Leisure Centre, Newry City Centre Management, Canal Court Hotel, retailers and in kind sponsors from local suppliers to bring a world class fashion celebration to this area. We would like to thank all of those who have supported us in making this happen for a 4th year and we look forward to welcoming people from right across the greater Newry & Mourne area to our many stylish events."

Newry Style City is packed with events details of which are highlighted below:

SATURDAY 5th APRIL

Buttercrane Shopping Centre kicks off Newry Style City Celebrations with the return of Street Style Spotter on the 30th March where style spotters will



be scouting the malls for Buttercrane's most stylish shopper. The winner will be chosen by Buttercrane's own Facebook fans in a public vote throughout the week of Style City and will walk away with the title of 'Most Stylish Shopper' as well as a £100 gift card and bouquet of flowers. Buttercrane's Spring Style Showcase on Saturday 5th April is a must with the best 'Family Fashion' and must have accessories for your home on show throughout the day with the chance to WIN BIG in our Spring Style Challenge. For latest information check out Facebook page or visit: www.buttercraneshopping.co.uk

The Fun House will be hosting the annual Yummy Mummy Style competition on Saturday 5th April and Sunday 6th April between 2:00pm and 4:00pm. The Fun House will have mystery fashion judges picking the most stylish mums of 2014. These mums will receive spot prizes along with going into a final for the winning title of Newry's Most Stylish Mummy. This winner will be chosen through a voting system via Facebook and in house voting slips also. The overall winner will win prizes such as; £50 birthday party voucher to The Fun House, a manicure from our very own Nail Technician, 2 exercises classes and 1 personal training session. FREE to enter the Yummy Mummy competition. Normal play admission charges will be applicable for children attending The Fun House.

WEDNESDAY 9th APRIL

Sticky Fingers Early Years will be hosting children's events such as "My Doll has nothing to Wear" on Wednesday 9th April at 3:30pm - 4:30pm, cost £2 per child. You need to bring along your favourite doll as you will be able to revamp her wardrobe with a new 'Hello Newry' stylish outfit for the summer.

THURSDAY 10th APRIL

Canapés, Cupcakes, Cocktails and most importantly DIAMONDS!

Jack Murphy Jewellers are delighted to host their popular 'Diamonds and Daiquiris' cocktail party at their Hill Street Diamond House. The evening will commence at 6.00pm - 8.00pm with Jack and



the team presenting some of the most stunning diamonds, which have been flown in from Antwerp especially for this event. This event marks the start of Jack Murphy's Jewellers VAT free promotion week from 5th - 13th April. This is a free event where you can try on their amazing diamonds and be in with the chance to win a 0.50ct diamond worth £1,000 in their renowned diamond giveaway.

Come along and bring some friends, try on some amazing bling - every girls dream. A photo booth will be in store to capture those fun moments and favourite diamonds! Hear tips and learn all about Jack Murphy Jewellers special diamonds and all latest Jewellery fashion brands and trends available in store.

McEvoys Drapery will be hosting an in house fashion show at 7:30pm on the evening of 10th April. Admission £5 all proceeds are being donated to Southern Area Hospice and Marie Curie.

FRIDAY 11th APRIL

Our Lady's Grammar School past pupils union presents a Fashion Show in Canal Court Hotel, Millar's Suite. Showcasing: Berling, Bridal by Seven, Debenhams, Gasp, Lady T, Lorsha Design, SILK and The Wedding Gallery. Tickets are priced £10 and can be obtained from Our Lady's School, PPU committee members, models or by calling mobile: 07927 674 500.

SATURDAY 12th APRIL

The Quays Shopping & Leisure Centre will be hosting a "Living Dolls Fashion Event" from 1:00pm - 4:00pm. Fashion Shows continuously showcasing

what the centre has to offer, Style tips, competitions and much more.

Buttercrane Wedding Fair on Saturday 12th April is another popular event in the Style City calendar where Buttercrane will play host to the best local wedding retailers and service providers including Bridal Fashion, Photography, Suit Hire, Florists, Hotels and Car Hire, everything you need for your Special Day. If that's not enough you have another chance to see latest season's fashions exquisitely displayed at the 'Fashion Afternoon High Tea' in Canal Court Hotel in the much anticipated finale event on Sunday 13th April.

SUNDAY 13th APRIL

Back by popular demand, the **Canal Court Hotel & Spa** will host a chic Sunday 'Fashion Afternoon High Tea' showcasing Newry City's glamorous and fashionable trends, while you relax and enjoy a selection of fine teas, homemade scones, sandwiches



and the Canal Court Hotel's signature pastry delights. Featuring: Berling and SILK Boutiques; Jack Murphy Jewellers and Elite Hats; Buttercrane Shopping Centre. Make Up by Paddy McGurgan, Make-Up Pro Store and Hair by: Sabino Hairdressing.

Afternoon High Tea tickets are available from the reception at the Hotel. Please be advised there is limited tickets available and last year's events was a complete sell out, so get in early and purchase your tickets.

This is just a highlight of events listed to date. For details of all events and how to get involved please check local press and visit our facebook page: **NEWRY STYLE CITY**. Look out for various fringe events and in house events, promotions and offers across the City throughout Newry City Style Week.

NEWRY STYLE CITY 2014

5th April - 13th April

FASHION AFTERNOON HIGH TEA

Canal Court Hotel

Sunday 13th April - 3:00pm – 5:00pm

EVENTS

Buttercrane 'Spring Style Fashion Event'

5th April 1:00pm - 4:00pm

Jack Murphy Jewellers 'Diamond & Daiquiris'

10th April 6:00pm – 8:00pm

The Quays 'Living Dolls' Fashion Event

12th April 1:00pm – 4:00pm

Buttercrane 'Wedding Fair'

12th April 1:00pm – 4:00pm

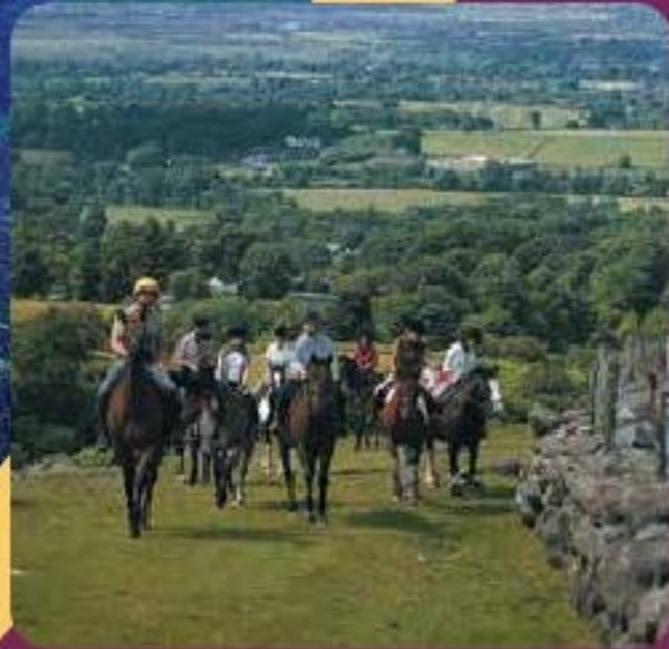


An tlúr agus Múrná

Newry & Mourne



COMHAIRLE
AN TLÚR AGUS MHÚRN
NEWRY AND MOURNE
DISTRICT COUNCIL



EXPLORE Newry & Mourne this Easter!

Lots of things to see and do in the Mourne Mountains, Ring of Gullion, South Armagh and Newry City areas:

Walking / Cycling / Fishing / Golf / Horse Riding / Water Sports / Cinema / Parks / Children's Activities
or just some Retail Therapy!

Dates for your diary:

There are many upcoming festivals and events taking place.
A full listing of all events can be obtained from
Newry Visitor Information Centre.

20th - 29th March
21st - 26th May
25th May
7th June
7th June
21st June
29th June

Newry Drama Festival
Blues on the Bay Festival
Newry City Marathon
Mourne Way Marathon
Crooked Lake Triathlon
Kilbroney Vintage Car Show
Newry Agricultural Show

For further information please contact:
Newry Visitor Information Centre
Bagenal's Castle, Castle Street, Newry BT34 2BY
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Email: newryvic@newryandmourne.gov.uk

www.visitnewryandmourne.com



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Coping with Panic Attacks



Paul Grant

Anyone who has ever had a panic attack will relate to it as one of the most frightening experiences they have ever had. It can hit like a bolt of lightning, and for many people the panic can continue - sometimes on a daily basis. Some people can be reluctant to tell family or friends what they are going through. So they live in a hell of unbearable silent fear. Yet it can be so, so different. Modern developments in brain science have given us access to very practical tools for coping with and eliminating panic attacks completely. Let's take a look at what causes panic attacks.

Mark (32) was watching TV one night with his partner and two young children. Suddenly he felt his chest tightening. He found it increasingly hard to breath. He broke out in a cold sweat. He felt the room was closing in around him. His heart was pounding. He could not sit still, and felt faint when he stood up. He just wanted to "get out". He was terrified. He had never felt like this before. Mark was having his first full blown panic attack.

Mark's partner took him to A&E. The medics found nothing medically wrong. The next day his GP suggested he may have had a panic attack. Mark

kids, had frequent headaches and his relationship with his partner was strained.

The therapist explained the connection between the stress and the panic attacks and taught Mark some coping techniques during the very first session. The panic attacks stopped immediately, and in a few more sessions, Mark learned how to cope with the stress and be more assertive with his supervisor. He recovered completely.

Our bodies warn us when we are over worked, stressed or worrying too much. Sometimes we ignore the early warning signs. If we don't pay attention, and change our life style and/or learn some coping skills persistent worry, anxiety and panic attacks can result. When a person is having panic attacks the body is telling them that "they need immediate help!"

If you are anxious, and having panic attacks get in touch with Paul Grant, who is a Human Givens Psychotherapist at The Newry Clinic, Windsor Avenue. Panic attacks can be stopped completely, in most cases with 2-3 sessions of therapy.

To contact Paul for advice or to book an appointment call, 028 3025 7708 or 077 3973 1424.



The Newry Clinic

ENDING PHOBIAS!



Paul Grant

this in memory so it can pattern-match to it in the future. This memory is heavily tagged with the emotions of fear and anxiety. So, when a similar incident happens in the future the brain makes a pattern-match, and in a fraction of a second we are engulfed with the emotions of fear and anxiety! All the sufferer wants to do is escape from the fear. The phobia is now confirmed and will repeat endlessly, until the pattern is broken.

WHY DO PHOBIAS OCCUR?

Modern brain science tells us that the brain works by "pattern-matching" current experiences against previous ones. For example we "know" what a car is, because our brain has stored pattern in memory of what a car looks like, or what coffee smells like because our memory has stored a pattern-match of its aroma. The first time we are frightened of a particular situation, person, animal etc the brain stores

Psychologists have established that when we become highly emotionally aroused with this fear and panic, we literally become stupid and can't think straight.

Like the rabbit caught in the headlights of the car, the phobia sufferer, in the midst of their panic cannot think logically about what is going on. As such they cannot change their reaction to the feared situation. They may calm down again, but when the pattern-match is activated again, the vicious circle repeats! Thankfully this circle can be broken by competent Human Givens Psychotherapists.

HOW CAN PHOBIAS BE TREATED?

The psychotherapist uses a very simple painless thinking process known as the "rewind technique." Results are immediate and lasting. This technique detaches the emotion from the faulty stored memory so that the client is no longer afraid and the phobia ends.

If you have a phobia(s) consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice from The Newry Clinic, Windsor Hill, off the Belfast Road. Paul works daily with patients who are depressed, anxious, stressed, addicted, angry, suicidal, experiencing relationship difficulties, have phobias or panic attacks.

To make an appointment or talk with Paul, call 077 3973 1424 or 02830441668.

For more information see [www.paulgranttherapy.com](http://paulgranttherapy.com).



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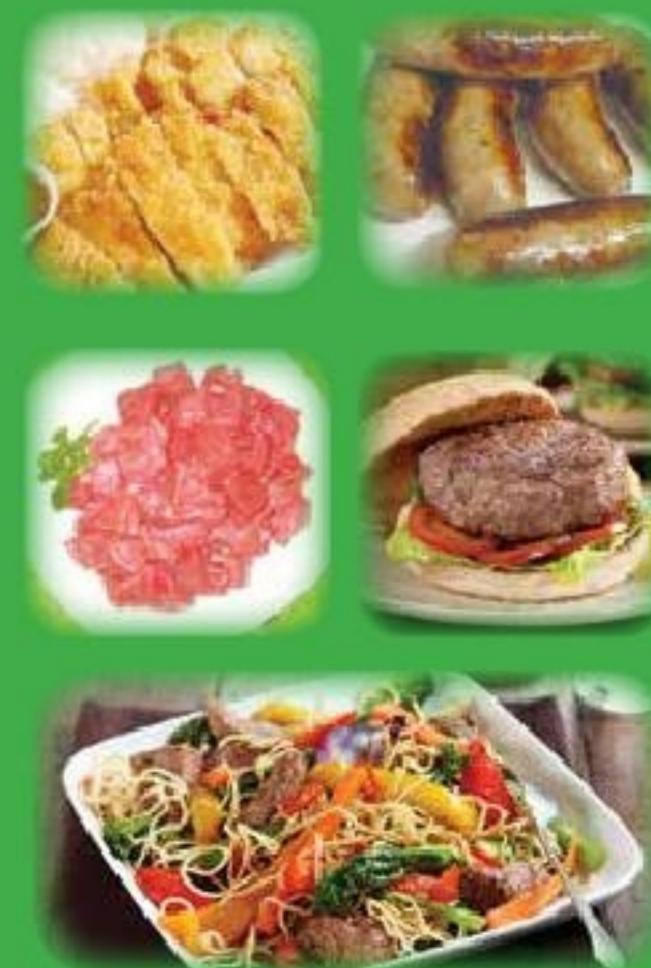
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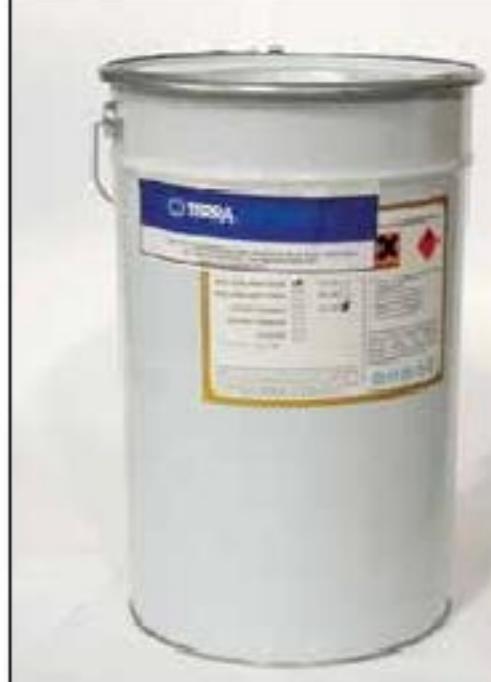
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MARAMaximising Access to Services,
Grants and Benefits in Rural AreasSouth Down Family
Health Initiative

Benefit and Grant Advisory Scheme coming to an end in rural South Down and South Armagh

Since September 2012 South Down Family Health Initiative has been delivering the Maximising Access to Services Grants and Benefits in Rural Areas (MARA) throughout South Down and South Armagh on behalf of the Department of Agriculture and Rural Development (DARD) and the Public Health Agency (PHA).

During that time they have visited over 700 homes helping householder access services, grants and benefits that they are entitled to but may not have known about or how to claim.

Allison Slater, Project Manager, told us "during the last 15 months we have made 1900 referrals to agencies on behalf of householders, this has resulted in some people seeing increases of up £130.00 per week in their benefit entitlement, homes being insulated, grants of up to £1000 for boiler replacements being issued, 300 home safety inspections being completed and 35 people now registered and regularly using

Rural Community Transport"

"We have been shocked at how many people are living within South Down and South Armagh who have not been accessing all the support that they are eligible to and as a result have been struggling both financially and emotionally. There are no criteria for a visit, but older people, young families and families where there is a disability are most likely to benefit from a visit. I would encourage anyone who is finding it difficult to heat their home, make ends meet or get out of their home to contact the office and book a visit as soon as possible."

If you live in Annalong, Binnian, Burren & Kilbroney, Camlough, Crossmaglen, Derrykeckagh, Donaghmore, Fathom, Forkhill, Lisnacree, Mayobridge, Newtownhamilton, Rostrevor, Silverbridge, Spelga and Tullyhappy and would like to talk to someone about getting help call Allison on 028 4177 4248.

**MARA**Maximising Access to Services.
Grants and Benefits in Rural Areas

ARE YOU...

- Struggling to heat your home?
- Finding it difficult to make ends meet?
- Struggling to get out and about?
- Feeling isolated but don't know what's available?

The Mara project aims to improve the health and wellbeing of people living in rural Northern Ireland by helping them access local services, grants and benefits.

Since September 2012 we have visited 500 homes across South Down, South Armagh and Craigavon

THESE VISITS HAVE RESULTED IN...

- **261 Benefit Entitlement Checks** (some seeing increases of £100 per week)
- **238 Warm Homes Referrals**
- **91 Boiler Replacement Scheme Referrals**
- **96 Rural Community Transport Referrals**
- **287 Home Safety Inspections**
- **28 Smart Pass Applications**
- **79 Referrals to Occupational Therapy**
- **191 Local service referrals**
- **17 Social service referrals** (at householders request)

All you have to do to access this FREE service is ring Allison or Anouska

028 4177 4248

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We will be running a week long promotional event starting Monday 28th April offering Free Health Checks, Nutritional advice, and a chance to showcase and sample the right exercise class for you!! Call for more details.

Beginners Walking Club

Join our Hill Walking Club . . . Practice shorter walks Mid Week and enjoy longer treks Saturday Mornings. Excellent way to improve fitness, meet new people and get familiar with your local area.

Everyone Welcome , no cost included.

**Chair Yoga**

Do you suffer from joint pain or poor mobility? Would you feel more comfortable exercising in or with the aid of a chair? Then Chair Yoga is right for you. Join us in The Parish Centre Warrenpoint every Monday at 2.15pm.

**Aqua Jogging**

Low impact water based exercises suitable for non swimmers. Particularly suitable for those recovering from injury. Kilkeel Pool Tuesdays @11am. Newry Pool Wednesdays @11am. Included with cost of swim.

**Boccia**

Indoor bowls game for people with a disability, a chance to exercise and meet new people, join us in 'The Parish Centre' Warrenpoint Mondays @3pm. Call to register your place.

For Further information on any of the above courses please contact Gillian on 028 4177 4248 or Claire on 077 1736 0262 or check our website: www.southdownhealthinitiative.com



Course	Dates	Cost	Venue	Times
NEW iPad course for beginners-Learn how to make the most of your iPad in 2x2 hour sessions. Please note this course is for Apple iPads only.	Thursday evenings 1 st and 8 th of May 2014	£10	SDFHI 4 Great George's St, Warrenpoint	7pm - 9pm
Beginner Computer Course – 3x8 week courses for those new to computers and who want to learn the basics. Please note this course is always popular, places are limited so contact early to avoid disappointment.	Monday evening class begins 28 th April 2014 Tuesday morning 6 th May 2014 Tuesday evening 6 th May 2014	£30	SDFHI 4 Great George's St, Warrenpoint	7pm-8pm 10am-12pm and 7pm-9pm
Knitting and crocheting group - This group is for knitters and crocheters of all experience. Everyone welcome	Monday evenings beginning 28 th April 2014	£3 per week	SDFHI 4 Great George's St, Warrenpoint	7pm-8.30pm
Essential oils for everyday use – A course for adults who are interested in learning about health and wellbeing in a natural way.	Friday 25 th April 2014	£40	SDFHI 4 Great George's St, Warrenpoint	10am-12noon
NEW COMPUTERS 4 U New and more private tuition for people who want to learn but need more one on one tuition. 4 places available only.	Thursday 01 st and 8 th May	£25	SDFHI 4 Great George's St, Warrenpoint	10am-12noon
SMILE @ The Comfort Zone – computers, exercise, walking and more!	Wednesday 30 th April-Wednesday 25 th June 2014	£2 per session	SDFHI 4 Great George's St Warrenpoint	10am – 1pm
Child Protection Course (Basic) - Relevant for any one volunteering /working with children and young people	DATES TO BE CONFIRMED	FREE	SDFHI 4 Great George's St, Warrenpoint	7pm-9.30pm
Homework Club for non English speaking children aged 7-11	Beginning Wednesday 30 th April and Thursday 1 st May 2014	Free	SDFHI 4 Great George's St, Warrenpoint	3.30pm-5.30pm
First Aid		Free	SDFHI 4 Great George's St, Warrenpoint	7pm – 9pm
Art & Craft Course - 6 week course.			SDFHI 4 Great George's St, Warrenpoint	10am-12noon

For more information and to sign up for any of these courses contact SDFHI on 028 4177 4248

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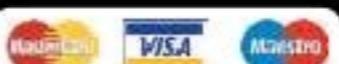
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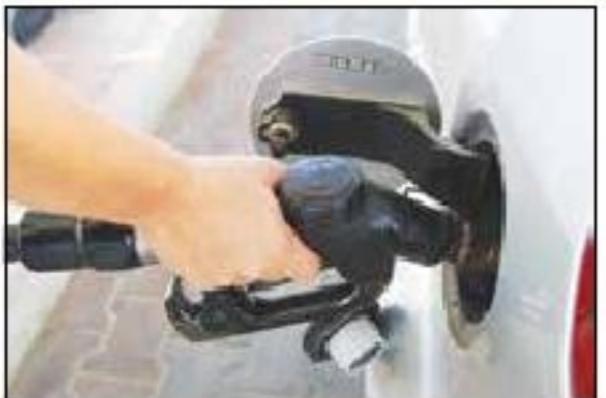


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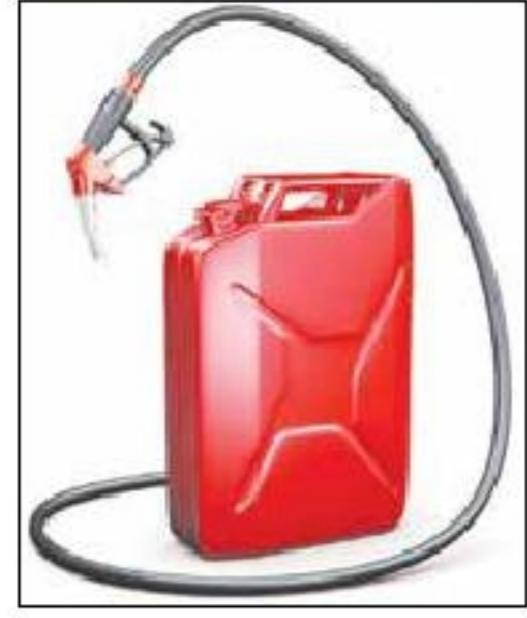
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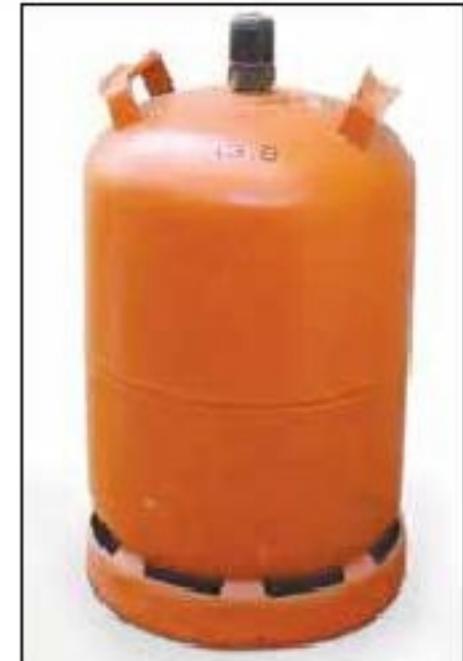


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The official fuel consumption in mpg (l/100km) and CO₂ emissions (g/km) for the 2008 range are: Urban 36.7-68.9 (7.7-4.1), Extra Urban 58.9-78.5 (4.8-3.6), Combined 47.9-74.3 (5.9-3.8) and CO₂ 135-98; for the 308 range are: Urban 28.0 - 64.2 (10.1 - 4.4), Extra Urban 50.4 - 78.5 (5.6 - 3.6), Combined 38.2 - 70.6 (7.4 - 4.0) and CO₂ 171 - 98 and for the 3008 range are : Urban 28.4 - 48.1 (9.4 - 5.8), Extra Urban 50.4 - 65.9 (5.5 - 4.4), Combined 39.7 - 57.7 (7.1 - 4.9), CO₂ 169 - 129.

*Nil advance payment subject to availability and on selected 2008 and 308 models only. Information and offers correct at time of going to press, however Peugeot Motor Company PLC reserve the right to change these at any time and without notice. Models shown are for illustrative purposes only. For full terms and conditions, please contact the Peugeot Motability line on 0845 945 5466. Calls may be recorded for training purposes.

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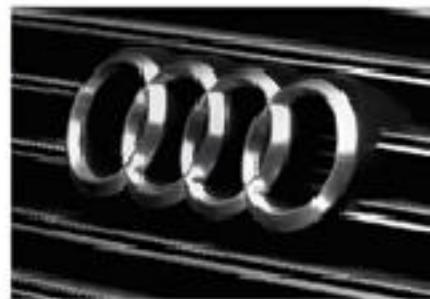
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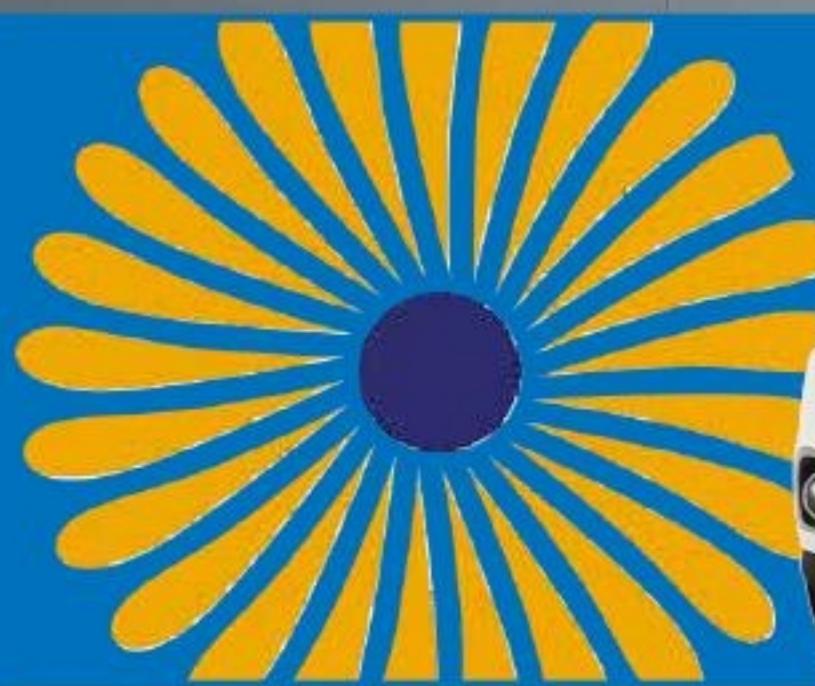
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